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EDITION 37

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STANDARD

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**Celebrating
Women**

STANDARD PHOTO BY BECCA MYSKIW

The Carman and Community Chamber of Commerce's Car-WO-Man in Business event last weekend brought over 200 people to Ryall Park to celebrate the business women of past and present. Pictured, Lorraine MacIntosh met her friends at the event early on and the ladies opened their evening with a toast.

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Government proceedings following the death of Her Majesty Queen Elizabeth II

Submitted by Manitoba government

The Manitoba government, through its Protocol Office, has been carefully planning the official response for the passing of Her Majesty Queen Elizabeth II and prepared for the many tasks that follow the news of Her Majesty's passing.

Protocol for this time includes the following government response and actions:

- a complete shutdown of operations during the period of mourning is not anticipated. However, out of respect, all events, announcements and social media activities must be limited.

- flags on all provincial buildings including the Manitoba Legislative Building, are at half-mast for a period of 10 days or until the commemorative service for Her Majesty.

- black ribbon has been placed on the portrait of the late Queen Elizabeth II, located in Room 200, per established protocol. A black ribbon has been

placed on the flag of Canada and the flag of Manitoba in the main foyer, adjacent to the Grand Staircase.

- the Queen's Cipher is projected upon the front of the Legislative Building (beneath the Golden Boy) for the duration of the period of mourning. It is visible after dark.

- the fountain in Memorial Park is lit purple in recognition of the Queen's colour designation for her Platinum Jubilee.

- a book of condolence has been erected at the base of the Grand Staircase, and has been signed by the lieutenant-governor of Manitoba. Immediately thereafter, it was signed by the premier of Manitoba, the mayor of Winnipeg, the clerk of the executive council and the leader of Her Majesty's loyal Opposition. Elected officials are welcome to sign the book of condolence at their convenience. The public is welcome to sign books of condolence from 10 a.m. Sept. 12, for



STANDARD PHOTO SUBMITTED

Queen Elizabeth II, the UK's longest-serving monarch, died on Sept. 8 at Balmoral aged 96, after reigning for 70 years.

the duration of the period of mourning at the Legislative Building, Winnipeg City Hall and Brandon City Hall.

SCCR has been chosen as this year's smile cookie recipient

By Becca Myskiw

This year, Carman's Tim Hortons has chosen South Central Cancer Resource (SCCR) to be this year's Smile Cookie recipient. From Sept. 19 to 25, the Carman Tim Hortons location will

participate in Smile Cookie week with one hundred per cent of the cookie proceeds to support the local organization.

"It's terrific," said Jack Pethybridge from the SCCR board. "Right now, with the amount of demand as it's increasing, we just need more and more funds every year."

He said they were chosen as this year's recipient because the association does a lot for numerous communities. SCCR is a non-profit offering transportation services, accommodation assistance, a lymphedema program, wigs and head coverings, skin screening clinics, radon awareness and testing, and wellness programs to those going through a cancer diagnosis. Pethybridge said they also help out people financially if needed.

The organization started in 2003 as a way to support local patients. They don't get any government funding, so all SCCR's money comes from fundraisers, the two main ones being the Mike Pritchard Memorial Golf Tournament and Carman Curl for Cancer. The money they receive from smile cookie week will go towards their programming so they can get cancer patients what and where they need.

For the week of Sept. 19 to 25, Pethybridge will be doing smile cookie orders and deliveries. To ask about a form and delivery of the cookies, call him at (204) 750-8140. Smile cookie week has been going



STANDARD PHOTO SUBMITTED

Tim Hortons Carman store has chosen the South Central Cancer Resource to receive this year's Smile Cookie Week funds.

on for more than 25 years. It's a week-long campaign where participating Tim Hortons locations make and sell chocolate chip cookies with an icing smiley face drawn onto them. One hundred per cent of the funds raised from this campaign go to whichever local charity each Tim Hortons picks to support that year.

Tim Hortons Smile Cookie has raised over \$77 million across North America since 1996 and last year alone raised a record \$12 million.

If every Canadian were to buy a Smile Cookie, that's millions of cookies and millions of dollars to help support over 600 charities or community groups!

Registering for the General Municipal Election?

The Election will be held on October 26, 2022

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise, or borrow money for their campaign.

Deadline for registering is September 20, 2022
at the Municipal offices,
12-2nd Avenue S.W. Carman, Manitoba
Monday to Friday
8:30 a.m. to 4:30 p.m.



To obtain a registration form, contact the SEO

Town of Carman: cheryl@townofcarman.com or 204-745-2443

RM of Dufferin: cao@rmofdufferin.com or 204-745-2301



Miami Railway Station Museum hosts end of summer wind-up

By Becca Myskiw

It was a day of celebration for a record year for the Miami Railway Station Museum.

Last Saturday, the museum held its summer wind-up, thanking the community for their support over the previous four months.

The Miami Railway Station Museum is open from May to September each year. This year, in that short time, they saw 1,300 visitors — a museum record.

“It’s been a great bounce back year for us,” said Julia Prondzinski, the museum’s summer student and wind-up coordinator. “We just wanted a way to celebrate the community and their support and give back and let people have a good time.”

The wind-up started at 5:30 p.m. with live music, hot dogs, games, and museum tours.

The museum is a national historic site because it’s the only railway station of its particular architecture in its original location in all of Canada. It was built in 1889 as a hub for the surrounding communities.

“A lot of people drive by and don’t realize it’s here,” said Joan Driedger, chairperson of the Miami Railway Station Museum Incorporated board of directors. “It depicts the importance of



Carine was early to the museum’s wind-up to play giant Jenga with her dog Bailey and partner Jim.

the rail and the station agent in rural community life. It was a centre of a lot of community things. It got information from hockey scores to telegraphs during the war. The station relayed all the information.”

The museum has a caboose, a platform, 200 feet of rail built by 20 volunteers in 2019, a motorcar from 1947 that still works, another car, a shed made from reclaimed lumber, and the original train sta-



STANDARD PHOTOS BY BECCA MYSKIW

The Miami Railway Station Museum hosted its wind-up last weekend with station volunteers cooking up hotdogs for all.

tion.

In the station, there’s the freight shed, the working office, the waiting room where a ticket could be purchased to travel from Miami, Manitoba to London, England, a parlour, and bedrooms and a bathroom upstairs. In the bedrooms, the wallpaper is a replica of the original.

The museum board has done a lot of repurposing and preserving the museum, including renovating the basement in 2009, building the shed recently, and more. The wind-up was a successful event, with many community members out to enjoy the museum before winter.



Nominate DOUG DOBROWOLSKI Midland Constituency

Following the announcement of Midland MLA, Blaine Pederson in July 2021 that he will retire at the end of his current term, I have made the decision to run for the nomination of this position for the 2023 Manitoba Provincial Election.

This has been a political goal of mine for some time and I look forward to the honour and opportunity to represent the constituents of Midland in the next scheduled election. Although it seems far away I am committed to making good use of the months ahead to travel throughout the constituency. I look forward to meeting everyone, giving you the opportunity to know me and share your thoughts and concerns for our area, province and country.

I have 30 years of experience serving on RM of MacDonald Municipal Council as well as numerous regional community boards and organizations. I also served as a Director, Vice-President and President of the Association of Manitoba Municipalities. In those positions I gained extensive experience and knowledge on issues related to all levels of Canadian government and beyond. I’ve also held Chair positions and served on numerous provincial, federal and international committees, boards, task forces and delegations. These experiences will serve me well as your MLA.

I am passionate about serving Midland Constituency and advocating for our communities, businesses, Ag producers and families. As a lifelong resident from Domain where I have farmed and now own and operate a business, I care about this area and the province I’m proud to live in. I will listen to constituents and always ensure your voices are heard in government. I have the years of experience, a wealth of knowledge on many issues and the dedication required to move Midland forward following the past two difficult years we will have to work hard to recover from.

I look forward to contacting you to ensure you have a PC membership or sell you one for a small amount of \$20 (\$15 tax receipt) so you can vote in the Midland nomination at a later date. That date will be advertised to the public when it is decided.

It is YOUR VOTE that will ensure that I have the opportunity to represent Midland Constituency in the next provincial election.

I welcome the opportunity to speak with you on issues that interest or concern you and I ask your support for this nomination.

I would also welcome and appreciate your financial contributions toward this campaign.

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WORK & WESTERN WEARHOUSE

Boyneside Carman's first official pocket park

By Becca Myskiw

Carman has a brand-new pocket park thanks to a group of hardworking volunteers.

On Thursday, Sept. 8, over 150 Carman residents joined in the ribbon cutting to celebrate the opening of the Boyneside pocket park, located on the banks of the Boyne River across from Riverview Legion Place.

The park has been a project Carman Dufferin Communities in Bloom (CIB) has been working on since 2020, and it has now come to fruition. Once a vacant lot owned by the Town of Carman, the site is now a "picturesque" little park with newly planted trees, beds of native prairie grasses and flowers, and several benches dedicated to Carman residents that have been installed along the riverbank with an established walkway.

CIB volunteers said they're proud of what's been accomplished with the new park and hope the public will enjoy it, visiting regularly.

Judy Neustaedter was part of the group that turned the vision of a "special little place" into a reality. She said they wanted a casual meeting place for all to enjoy that would complement the natural beauty of the Boyne River — and now they have it.

"When residents take ownership of their own part of town where they live and work, it becomes a sense of pride and this pride is infectious," she said at the ribbon cutting.

CIB co-chair, Judy McGregor, said the park's opening is "a fitting tribute to the Year of the Garden", which the town and municipality declared earlier this year.



Judy McGregor opened the afternoon with remarks and thanks.

When the park was first proposed in 2020, the Riverview Legion Place residents formed a partnership with CIB, raising \$1,800 in seed money for the project. Those funds helped partly pay for the wheelchair-accessible table under the covered picnic area. An Access Credit Union (ACU) grant of \$5,000 and Aubin Nurseries' donation of trees also helped get the project going.

"It's been wonderful to watch how it has progressed from nothing but a parking lot to what it is now with the trees and the flowers, and birds, bees, and butterflies," said Riverview Legion Place resident Wilma Kissick.

She said that residents now regularly come into the park to have lunch or visit, while others simply draw and



STANDARD PHOTOS BY DENNIS YOUNG

The Boyneside Pocket Park has officially opened as Carman's first of its kind. Over 150 people attended the park's grand opening on Sept. 8.

sketch there.

"It's just a real inspiration to have it here," said Kissick. "And we were so happy to be able to part of it and to help with it."

CIB's goal is to beautify the community for everyone's benefit. They encourage all residents to help create more pocket parks in town with the town-approved guidelines recently

created by CIB and the town.

"Anyone or a group of people can develop a pocket park," said Neustaedter. "It could be as large as this one, or it could be small enough to just plant a tree, or some flowers, or place a bench or some

art. The possibilities are endless. So just start looking around your part of town for those spaces."

Carman's Terry Fox Run Sept. 18

By Becca Myskiw

The Terry Fox Run is back in Carman this year with a virtual and physical style.

When Terry Fox was diagnosed with osteosarcoma at 18, he decided to bring an end to cancer. His personal experience and research led him to the conclusion that more money

was needed for cancer research. So, on April 12, 1980, Fox dipped his artificial leg in the Atlantic Ocean and began his Marathon of Hope, a cross-country run to raise money for cancer.

During the marathon, Fox ran 42km daily for 143 days, completing a total of 5,373 km. Unfortunately, he had to

Continued on page 7

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ICU admissions, hospitalizations for COVID increase

By Patricia Barrett

The provincial government's weekly COVID surveillance report for the period Aug. 28 to Sept. 3 (reporting Week 35) shows an increase in hospitalizations and ICU admissions.

There were 70 new hospital admissions for COVID, up three from the 67 reported the previous week, and 16 ICU admissions. There were nine ICU admissions reported the previous week.

The government doesn't provide data that show how many people with COVID are in hospital on any given day.

There were 475 new laboratory-confirmed infections reported for the above period, a decrease of 147 from the 622 infections reported the previous week.

Provincial data on new infections are an undercount because the government restricts access to PCR tests. Rapid antigen tests aren't tracked.

There were seven new COVID outbreaks in long-term care facilities and hospitals.

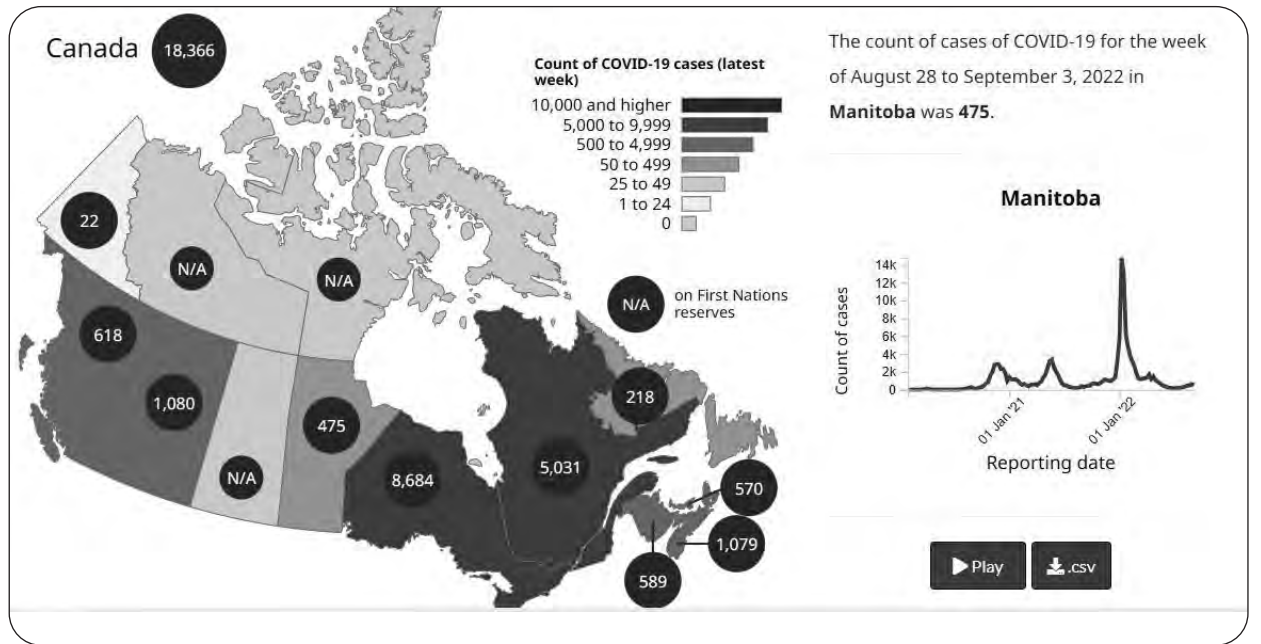
Three more Manitobans died since the last reporting period. Manitoba's death toll now stands at 2,118.

COVID continues to hospitalize and kill Canadians across the country. British Columbia is seeing a surge in hospitalizations for COVID. Its COVID-19 Dashboard shows 324 people were in hospital on Sept. 8 and 22 people were in intensive care. Ontario reported 74 more deaths over the past week.

Worldwide, COVID has killed over 6.4 million people, according to the World Health Organization.

Other health news:

The Angus Reid Institute, a non-partisan public opinion research foundation, released last week the results of an online survey it conducted in August



GOVERNMENT OF CANADA
Epidemiological data from the federal government showing new COVID infections between Aug. 28 and Sept. 3 from province and territories that provide infection data.

that gauged Canadians and Americans' opinions on their respective health care systems.

Two in five Canadians, approximately 12.8 million adults, said they either had a difficult time accessing or were totally unable to access one of five key health services: non-emergency care, emergency care, surgery, diagnostic testing, and specialist appointments. Americans were much less likely to say they encountered barriers to ac-

cessing those key services.

Sixty-one per cent of Canadians said they were not confident they could access urgent care in a timely fashion should an emergency arise.

The survey is available on the institute's website. - Health Canada reported an increase of 32 cases of monkeypox as of Sept. 9. There has been a total of 1,321 cases reported across Canada with 37 hospitalizations. Manitoba has reported one case.

Steps in HOPE grief support group returns Oct. 4

Staff

The Pembina Valley Pregnancy Care Centre is again hosting a support group for women who have experienced miscarriage and stillbirth.

Steps in HOPE (Healing Our Pregnancy Experiences) is a vital service, the agency stresses, because women impacted by the grief and loss need support to work through their feelings and traumatic experiences.

"We know that losing a baby can be one of the most difficult experiences anyone can go through and providing a caring space for women to share, knowing they aren't alone, is so important," said executive director Linda Marek.

"Sometimes the pain is so deep, but women are told they should be over it by now or they feel misunderstood when they do take that brave step to be vulnerable about their experiences."

Steps in HOPE is a free and confidential support group that will run for six weeks starting Oct. 4.

Sessions focus on sharing your ex-

perience with other women, learning to cope, cycles of grief, self-care, honouring your difficult journey and creating a keepsake.

"We have always offered one on one support to women experiencing any type of loss, and one client indicated having a group to connect with would be helpful to them in their grief journey," noted Marek. "So with a grant from the Morden Area Foundation, we were able to create this program over the past few years and ran it in 2020 before COVID restrictions required us to close. In fall 2021, we were able to run the program in its entirety.

"Miscarriage can happen at any time, pandemic or not, and women's grief has been even more complicated with all that's been going on in the past few years."

Pre-registration is required. You can do so by emailing stepsinhope@gmail.com, calling 204-325-7900 or going online to www.pvpcc.com/miscarriage-and-loss-support/

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> Got news?
Call Becca Myskiw
at 204-461-2602
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Candice Bergen will not seek re-election

By Ashleigh Viveiros

Portage-Lisgar MP Candice Bergen will not seek re-election in the next federal election.

Bergen, who was first elected in 2008, last week announced her intention to step back from politics at the end of her current term in office.

"I knew when I got into politics that it would be smart for me to leave on my own terms and leave at the right time," she said on what led her to this decision. "And I think a good time to leave is when you've accomplished a lot and you're in a good position."

Bergen has spent the past several months as the interim Leader of the Official Opposition, a role which ended with the election of Pierre Poilievre as the new leader of the Conservative Party of Canada on Saturday.

"It's really been amazing over the last seven months to have been the leader of the party," Bergen said. "I was able to bring healing and unity back during a very difficult time earlier this year."

Her five terms in office have also included serving under Prime Minister Stephen Harper as Parliamentary Secretary and Minister of State and, more recently, as the Opposition House Leader.

"I feel after 14 years, five elections, I've done a lot in my career, both in government and in Opposition," Bergen said. "I just felt it was the time to not put my name forward again and still serve in the short-term."

"I'm still serving my constituents

and I want to help the new leader get off on the right foot, but I think it's time to see what other opportunities and interests I can pursue."

Spending more time with family is one of the things Bergen is most looking forward to. When the time comes, she intends to take a few months off to relax and explore what might come next.

She says she has no other political aspirations at the moment.

"Right now my thought is I'm not leaving to get involved in any other way politically, but I would never say never," Bergen said when asked if she might explore getting involved in other levels of government in the years ahead. "But, no, I'm making this decision so that I can see what might be available in the private sector, maybe not-for-profit, other areas where there might be some interesting things as well as gratifying things where I can give back."

Looking back on her career, Bergen said she never imagined she'd be able to accomplish as much as she has.

"When I won the nomination and I knew there was a very good chance I would win the election, I was just blown away," she recalled of her first run for office in 2008. "I thought, 'Here I am, this girl from Morden, Manitoba, and I'm going to be a Member of Parliament.'"

"So to have been able to rise in the way that I did ... culminating in earning the trust of my colleagues" to be named interim leader, "I never



STANDARD FILE PHOTO

Portage-Lisgar MP Candice Bergen has announced she will not seek a sixth term in office.

imagined I'd be able to accomplish as much as I have, but I'm grateful and blessed."

Day-to-day, Bergen expects she will miss the face-paced world of politics when she leaves office.

"There's never a dull moment. There's always something going on. There's always something that needs to be done, a call that needs to be made, a meeting that needs to be had."

She'll also miss connecting with the people she serves.

"It's the relationships," Bergen said. "I hope to maintain the friendships and the relationships that I've built both in Ottawa and in my riding."

"The people of Portage-Lisgar have trusted me, they've encouraged me, even when there were tough times ... I'm just so grateful for the people of Portage-Lisgar for trusting me and letting me represent them."

Statement from Lieutenant-Governor Janice C. Filmon on the passing of Her Majesty Queen Elizabeth II

It is with profound sadness that His Honour and I learned of the passing of Her Majesty, Queen Elizabeth II.

For more than seven decades, Her Majesty had been respected and revered for her steadfast leadership and unwavering commitment and service to the citizens of Manitoba, Canada, and the Commonwealth.

Her Majesty enjoyed a wonderful relationship with all of the people of Manitoba, during her six visits to our

province. She spent time in communities large and small throughout our province, making numerous lasting personal connections. From Queen Elizabeth's first official visit as Princess Elizabeth in 1951 to her most recent visit as Queen in 2010, she was welcomed with great love and admiration for her service to Canada, and her dedication to serving her subjects around the world with dignity, grace and humility. On behalf of all Mani-

tobans, I offer heartfelt sympathies to Her Majesty's beloved and devoted family, who will carry Her Majesty's legacy forward with the same loyalty and commitment for many generations to come.

I share with all Canadians, and the other peoples of the Commonwealth, a great sense of loss on her passing.

May Her Majesty rest in peace. Long live the King.

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Winnipeg artist showcasing uncommon art form at GPAC

By Becca Myskiw

Candace Propp was born with talent and love for art, is showcasing her work at Golden Prairie Arts Council (GPAC) for the next two months.

Propp is a mixed media artist, bouncing around from medium to medium. Right now, she's focused on image transfer and acrylic paint, an uncommon type of art that creates a vivid, one-of-a-kind finished piece.

"You can work from your own photo or a borrowed one or from drawings," she said. You then do a laser print of it, then apply it to a canvas with PBA then wait for it to completely set and dry. You then take water and wipe out the paper, so you're left with this image set into the painting."

Propp said she adds the pictures after a bit of acrylic paint is on the canvas, then adds more paint to complement the photo again. The best part about the medium, said Propp, is you can go back and add more paint or photo at any time, reworking the piece and building it up.

"I'm always interested in different mediums," said the Winnipeg artist. "I took a class on this and started experimenting on my own about six years ago."

Propp started doing art in school, making the backdrops for school plays and winning awards for her drawings. When she got to university, she went into fine arts but didn't know where to go from there. So she went back to get her teaching degree and has taught art for most of her life.



Propp works with image transfer and acrylic paints.

"Like any artist, you're born with it," she said. "I've always loved it."

Propp is now retired from teaching but not from making art. Her current pieces up at GPAC are the image transfer and acrylic ones, depicting a variety of things.

"Sometimes there's a social statement, most times I'm reflecting where I'm at," she said.

Some pieces show her fascination for snowscapes and their organic flow, while others show the seasons and how they complement her personal time periods. Others are reflections, spiritual statements about change and impermanence, and Propp's most recent ones are of rural towns and their fading from existence.

"They're about how we built [these towns] but earth gradually takes it over again," she said. "Some of these towns were creatively trying to main-



STANDARD PHOTOS SUBMITTED

Candace Propp's art will be on display at GPAC for the next two months. She works with image transfer and acrylic paints.

tain a sense of hanging on and from there I just started thinking, 'OK what are other ways we create these ghost towns and what does that look like?'"

She said those pieces, in particular, can be dark, but she hopes people find her satirical humour in each of them.

> TERRY FOX RUN, FROM PG. 4

stop when cancer appeared in his lungs, eventually killing him, but not his legacy.

Because of Fox, every year, people worldwide hold their own Terry Fox Run each September and continue raising money for cancer research.

Carman is no exception. Linda Sylvester is one of the people organizing this year's run, and because of last year's success, they're keeping both the virtual and physical run options.

The Terry Fox Run is on Sunday, Sept. 18, this year. The Small Town Run and Walk Crew will be guiding a group of runners at 1 p.m. People can run or walk during the event.

Kate Froese of Kate Froese Pottery has also offered to hide some of her treasures along the Carman pathways for those participating in the run to make it a little more interactive.

A couple of run organizers will be at Ryall Park on the day of selling t-shirts and taking donations for the run. There, they can help those who aren't able to register for the virtual race if they can't or don't feel comfortable doing the physical one. To register for the virtual run on your own, go to <https://run.terryfox.ca> and sign up under the Carman option. A virtual run option lets people complete the Terry Fox Run on their terms.

Also, at Ryall Park on the day of the run, Flat Top and Company will be performing.

"I just hope people come out and show some support," said Sylvester.

Carman raised \$2,600 last year for the Terry Fox Foundation. She's hoping they can come close to that again this year or beat it.

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Head for the Hills raises \$100K+ for Eden Foundation

By Ashleigh Viveiros

The 20th annual Head for the Hills raised over \$100,000 last weekend for local mental health programs and services.

Organized by the Eden Foundation, the fundraising arm of Eden Health Care Services, the bike ride saw 202 participants in the saddle on Saturday.

"I want to say thanks to all the cyclists who were involved, all of the people who put forward pledges to support the cyclists," said Jayme Giesbrecht, director of development for the foundation.

The amount raised and the number of riders fluctuates year to year, Giesbrecht noted. The 2021 ride's totals were bolstered by an anonymous donor who matched up to \$130,000 in pledges, resulting in a record-setting \$290,000 raised.

"We knew we wouldn't be in that neighbourhood again, but we were very happy to be anywhere above \$100,000, so it looks like we have hit our goal," Giesbrecht said on Monday, adding they expect to have the final fundraising numbers later this week.

The ride once again offered two routes for participants, both beginning and ending at the grounds of the Cripple Creek Music Festival: a 38 kilometre gravel route winding its way through the rural roads south of Morden and a 29 km trail route utilizing the TransCanada Trail and some of the more challenging biking trails in the area.

"We saw a lot of familiar faces," Giesbrecht said. "There was a lot of participation by Hutterite colonies in our area. I think there were eight colonies



SUPPLIED PHOTO BY RAY PETERS

Just over 200 cyclists hit the gravel roads and bike trails south of Morden Saturday to take part in Eden Foundation's Head for the Hills, which raised over \$100,000 in pledges for local mental health programs and services.

that were represented and we were really glad to see that.

"We hope that more people come together in the future to make it the biggest cycling event we can possibly have."

While a day of cycling is certainly a big draw for many participants, Giesbrecht noted Head for the Hills has also become an opportunity to not only raise funds for Eden but also get people talking about mental health.

"A lot of the cyclists are connected to Eden Health

Care Services and the work that we've done, whether through a family member that has stayed at the mental health centre or someone who's received counselling," she said. "There are many connections in our community that maybe aren't as talked about publicly, but when you're one-on-one with people they share those stories."

All donations made to Head for the Hills will be used to support Eden's programs and facilities.

The foundation receives grant requests every year from the various Eden departments, Giesbrecht explained.

"Then we as the foundation and the board decide where the money needs to go," she said. "Historically we have helped to support the Recovery of Hope counselling sessions and their sliding fee scale. We help to offset those costs for people who maybe aren't able to pay the full amount for counselling ... that is an ongoing effort and there's always funds needed for that, especially as the need for counselling services grows."

Funds in the past have also gone to fund the Segue Career Options' supportive employment service and Eden's residential care program.

"We have apartments in Steinbach and Winkler and Winnipeg, and they all need upgrades," Giesbrecht said, noting as well that the psychiatric hospital in Winkler is currently undergoing repairs due to water damage, so some of the funds may end up supporting that project.

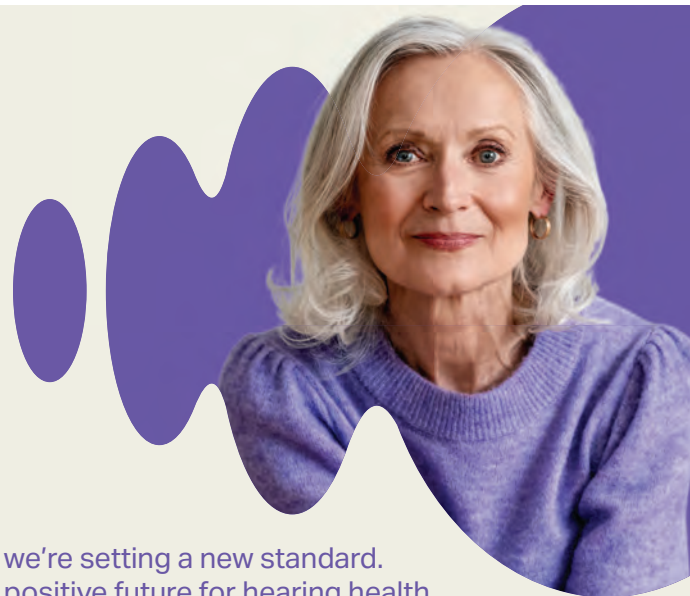
"So there are a lot of ways this money is helping," she stressed.



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Pembina Valley Studio Tour showcases 28 local artists

By Becca Myskiw

Last weekend, the Pembina Valley Studio Tour brought people from all over to explore studios across the region.

Almost 30 locations in Carman, Miami, Pilot Mound, Darlingford, Morden, Winkler, Horndean, and Altona had artists showcasing their work from Sept. 10 to 11 for all to see. The tour had mediums of all kinds, from metal sculptures, pastels, acrylic paintings, oil paintings, ink, enhanced prints, clay, pottery, quilts, and more.

Some stops on the tour were in community spaces, while others were in artists' studios. Tye Dandridge-Evanco, programs outreach and exhibition coordinator at the Pembina Hills Art Council said the Pembina Valley Studio Tour is an opportunity to learn more about the "talented individuals that make up the art community."

"It's a really amazing opportunity where a bunch of the artists are essentially opening up their studios for the weekend and allowing members of the public to come into their space," he said. "It's also a networking op-

portunity for aspiring artists."

Getting to go into artists' studios, he said, lets people see the unfinished art pieces and the process the artists go through to get their curated versions. That's a once-in-a-lifetime opportunity — seeing the process — and the Pembina Valley Studio Tour gives people that opportunity once a year.

Jennifer Lawson had her art set up in the Miami Railways Station Museum on the weekend. She's a watercolour artist, getting her inspiration and start from a teacher in Grade 4.

On Saturday, Lawson sat in the parlour of the museum, painting a sunflower. She said some of the paints she still uses are from her university days. She typically paints nature and landscapes, pulling much of her inspiration from flowers she's seen and Scotland, where she's from.

The Pembina Valley Studio Tour had some new participants this year and some returning ones who couldn't showcase during COVID-19. It is free for all who go on the tour, and those showing on it pay a registration fee.



Local artist Jennifer Lawson had some of her art on display at the Miami Railway Station Museum. **STANDARD PHOTOS BY BECCA MYSKIW**



The Pembina Valley Studio Tour celebrated 28 artists last weekend.



Jennifer Lawson's watercolour was on display.

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4 farm safety tips

Celebrated from September 18 to 24, 2022, National Farm Safety and Health Week is an annual occasion that focuses on promoting health and safety on farms. If you live or work on a farm, you share the responsibility of keeping yourself and others safe. In honor of this event, here are four things you can do to ensure neither you nor anyone you're working with is involved in a farming accident.

1. Keep your warning signals functioning

Ensure the warning lights and sounds on the machine you're using are functioning and that the labeling is clear and visible. These signals provide essential warnings to their operators and those around them.

2. Be careful around power take-off (PTO) shafts

PTO shafts transfer power from a tractor to an attached implement. Although extremely useful, PTOs can be dangerous. Therefore, make sure to keep loose clothing and items away from the shaft and never reach or step over one while in operation.

3. Invest in rollover protection

If you don't already have one, consider investing in a rollover protective structure (ROPS) for your tractor. Every year, farmers are injured or killed in tractor rollovers.

4. Get plenty of sleep

If you're tired, you're more likely to make mistakes that could cost you or someone you're working with a limb or their life. Get the sleep you need and quit working if you're too tired to continue safely.

Safety and health are the responsibility of everyone working on a farm.



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Nominate teens making a positive difference

By Jennifer McFee

Do you know a teen who is making a positive change in the community?

If so, you might consider nominating this young leader for the Friendly Future Makers Awards. For motivated teens, they can even self-nominate for this competition.

Launched by TELUS, these awards aim to celebrate youth aged 13 to 19 across Canada who are creating long-lasting changes in their communities.

"The Friendly Future Maker Awards is a new TELUS initiative, inspired by our long standing promise 'Let's make the future friendly,'" said Nimtaz Kanji, director of community investment and corporate citizenship.

The program launched Aug. 8, ahead of International Youth Day, and is open until 8 a.m. on Sept. 26. Winners will be announced online on Oct. 24.

"In a nutshell, it's a nationwide contest that recognizes and empowers Canadian youth who are helping make the world a better place," Kanji said.

"We're looking to get the word out and encourage Canadians from coast to coast to nominate Friendly Future Makers who are in their life — specifically, all those incredible youth who are creating positive and long-lasting change in their communities and who are between 13 to 19 years of age."

A panel of judges made up of TELUS team members, including Kanji, will choose the winners.

Aligning with TELUS's key areas of focus for our own social purpose, one winner will be chosen from six categories: Connection Enabler who is helping build human connections; Community Builder who is giving back to those who need it most; Health and Wellness Helper who caring for the mental and/or physical health of the community; Hunger Hero who helping to feed communities; and Planet

Protector who is giving back to protect the planet.

"We know there are a lot of incredible youth in Manitoba that are either helping foster human connections, giving back to their communities, caring for the health and well-being of our planet or driving better health and food outcomes," Kanji said.

"We want to help empower and celebrate them as they help make the future friendly. Nominees will be entered to win one of six amazing prize packs worth \$7,000, including a \$5,000 cheque to be in an RESP or to help fund their initiative, a \$1,000 TELUS gift card and a \$1,000 donation to the registered charity of their choice."

The Friendly Future Awards recognize the young, dedicated leaders of tomorrow who are making an impact in their community every day and also helping shape the world we will live in tomorrow, Kanji added.

"Making change takes effort, and we want to recognize those who are helping to make the future friendly," she said.

"From helping foster human connections to giving back to their communities, caring for the health and well-being of our planet or driving better health and food outcomes, we're calling all Canadians to join us in celebrating and helping empower Canadian youth who are making the world a better place."

The Friendly Future Makers Awards are just one of many ways TELUS is continuing to invest in youth, Kanji said.

"For instance, our Mobility for Good program provides free refurbished phones and \$0 plans to youth from care, helping to ensure they remain connected to support networks and can access resources that are important to them," she said.

"TELUS Wise, a free digital literacy

Nominate inspiring youth for a **Friendly Future Makers** award.



PHOTO SUBMITTED

Nominations for youth who are helping make the world a better place is open until Sept. 26.

program, offers informative workshops and resources helping more than 525,000 Canadians — including youth from across the country — stay safe in our digital world, while TELUS Friendly Future Foundation and TELUS Community Boards also fund more than 500 charities annually focused on helping Canadian youth thrive in a digital world."

Since 2000, TELUS team members and retirees have provided more than \$4.5 million in cash, in-kind contributions, time and programs and volunteered 10,000 hours to charities and community organizations, like SSCOPE, Joy Smith Foundation, and Ka Ni Kanichhk, located in Manitoba.

And the Friendly Future Makers Award continues with this community-minded approach.

"As a global leader in social capitalism, the Friendly Future Makers Awards really builds upon our long-standing commitment and momentum to making the future friendly," Kanji said, "as we continue to help empower Canadian youth who are helping make the world a better place."

To nominate a Friendly Future Maker, or to self-nominate, visit [telus.com/YouthAwards](https://www.telus.com/YouthAwards) and fill out an online form before 8 a.m. on Sept. 26.

Steps in HOPE grief support group returns Oct. 4

Staff

The Pembina Valley Pregnancy Care Centre is again hosting a support group for women who have experienced miscarriage and stillbirth.

Steps in HOPE (Healing Our Pregnancy Experiences) is a vital service, the agency stresses, because women impacted by the grief and loss need support to work through their feelings and traumatic experiences.

"We know that losing a baby can be one of the most difficult experiences anyone can go through and

providing a caring space for women to share, knowing they aren't alone, is so important," said executive director Linda Marek.

"Sometimes the pain is so deep, but women are told they should be over it by now or they feel misunderstood when they do take that brave step to be vulnerable about their experiences."

Steps in HOPE is a free and confidential support group that will run for six weeks starting Oct. 4.

Sessions focus on sharing your ex-

perience with other women, learning to cope, cycles of grief, self-care, honouring your difficult journey and creating a keepsake.

"We have always offered one on one support to women experiencing any type of loss, and one client indicated having a group to connect with would be helpful to them in their grief journey," noted Marek. "So with a grant from the Morden Area Foundation, we were able to create this program over the past few years and ran it in 2020 before COVID restrictions re-

quired us to close. In fall 2021, we were able to run the program in its entirety.

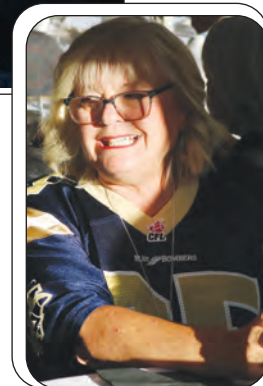
"Miscarriage can happen at any time, pandemic or not, and women's grief has been even more complicated with all that's been going on in the past few years."

Pre-registration is required. You can do so by emailing stepsinhope@gmail.com, calling 204-325-7900 or going online to www.pvpcc.com/miscarriage-and-loss-support/

Celebrating Carman's Women in Business over the years



STANDARD PHOTOS BY BECCA MYSKIW



Couple bringing local orchard back to its former glory

By Becca Myskiw

Deep in the valley is an oasis of fruit being brought back to life.

There's an orchard outside of Roseisle that was started in 1916. The original owners have since moved away and the fruit trees and various plants have deteriorated.

Until now.

Melissa Brunel and Gary Turner bought the valley's orchard four years ago and named it DeerIsle Acres. It sits between Deerwood and Roseisle, hence the name. The couple now has 17 acres of pure vegetation, with a small house of course. They have three cats, two chickens, and one beehive with them as well.

Five of their acres has alfalfa growing on it. When they first moved onto the orchard, a local farmer was tending to it on his own, but Brunel and Turner started doing it themselves to get away from the use of chemicals.

"We're trying to get everything as organic as possible," said Brunel. "We want to get symbiotic between everything."

They sell the alfalfa to farmers who need it, but Brunel said it's incredible to have because of the bees — they love the alfalfa field and the pollen it gives them. So far this year, they've got a second cut off the field and Brunel is hoping they'll get a third.

Brunel's been fascinated by bees, so she got a flow hive, which is where the honey pours directly out of it, giving them more pure honey than they need. She wasn't expecting so much, so they recently started selling honey and honeycomb too.



On top of the five acres of alfalfa and the bees, Brunel and Turner tend to 12 apple trees of different varieties. They did lose one due to ants and wind, but other than that, getting the orchard back into tiptop shape has been going well.

They have four pear trees, too, saskatoon bushes, cherry trees, wild plum trees, regular plum trees, two grape varieties, and a gooseberry bush Brunel just found this year.

"I don't know how I've missed it every year," she said. "I'm still finding new things on the orchard like it."

Because of all the fruit they have and being just two people, Brunel and Turner sell the produce they pick. She works in Miami, so she typically meets people there for drop-offs and pickups.

"It's busy but we need something to keep ourselves busy," said Brunel.

The pair both work full time, so they tend to the orchard and work on bringing it back to its former glory on evenings and weekends. They have a Facebook page where they share the



STANDARD PHOTOS SUBMITTED

DeerIsle Acres is an orchard outside of Roseisle. Melissa Brunel and Gary Turner are currently bringing it back to life.

produce available and give updates on their finds.

fruit at the Roland Pumpkin Fair, the Somerset farmer's market, and the Harvest Moon Festival.

Brunel is going to also be selling

World Rivers Day celebration happening in Carman on Sept. 24

By Becca Myskiw

World Rivers Day will be a day for all to release their inner pirate.

The Boyne River Keepers (BRK) are teaming up with the Carman and Community Chamber of Commerce on Sept. 24 to organize a town-wide event celebrating the Boyne River.

World Rivers Day was established in 2005 when the United Nations (UN) launched the Water for Life Decade to create more awareness around the need to better care for the world's water resources. The day is a celebration of the world's waterways, highlighting the values of rivers by encouraging people to use them.

World Rivers Day is celebrated on the fourth Sunday of every September. Since its beginning, the day has grown to have several million people in 100 countries celebrate it, and with it, the values of waterways.

To do their part, BRK and the Chamber are hosting a completely free, family-friendly event with a pirate theme on Sept. 24.

From noon until 3 p.m., a poker derby will be on

the water. People with any watercraft can launch it anytime within those hours off the current dock at the trestle bridge, then peruse the Boyne River, picking up cards from five stations. Participants must turn in all cards by 3 p.m. and the one with the best hand wins.

The first prize for the poker derby is a kayak package donated by people in BRK. The second prize is \$100 in Chamber bucks. More instructions on how to participate in the derby will be given to those taking part on the day of.

Also on Sept. 24, a treasure hunt will be happening throughout Carman, organized by the Chamber. At 2:30 p.m., Flat Top and Company will hit the Ryall Park stage, sponsored by BSI Insurance. The entire afternoon will have local vendors open on the street, local community groups with information tables, and a food truck.

The biggest event of the day will be the unveiling of the plans for the fully accessible dock BRK plans to fundraise for at Ryall Park.

"We wanted to celebrate World Rivers Day, and the Chamber wanted to partner with us," said



STANDARD PHOTO SUBMITTED

The Boyne River Keepers are planning a town-wide event for World Rivers Day on Sept. 24.

Tracy Enns of BRK. "Because the whole community has been so supportive and encouraging to our group, and we have a big fundraiser coming up we wanted to kick it off in a big day."

Everyone is welcome to join in the fun on World Rivers Day in Carman. The entire afternoon is free, with activities for people of all ages and abilities.

get inspired

> MEAL IDEAS

Smoked Paprika Lamb Chops with Fresh Grape Sauce

Servings: 4

- 1 teaspoon smoked paprika
- 1 teaspoon kosher salt, plus additional, to taste, divided
- 1/2 teaspoon freshly ground black pepper, plus additional, to taste, divided
- 4 boneless sirloin leg lamb chops (3/4-inch thick each, about 1 1/2 pounds total)
- 1 tablespoon olive oil
- 3/4 cup dry riesling wine
- 2 shallots, minced
- 1/2 cup reduced-sodium chicken broth
- 1 teaspoon chopped fresh thyme
- 1 1/2 cups seedless Grapes from California, rinsed

fornia, rinsed

1 tablespoon unsalted butter
In small bowl, combine paprika, 1 teaspoon salt and 1/2 teaspoon pepper. Rub chops with paprika mixture and set aside.

In large cast-iron or other heavy skillet over medium-high heat, heat olive oil. Add chops and cook to desired doneness, about 4 minutes per side for medium-rare. Transfer to platter and keep warm.

In same pan, add riesling, bring to boil and scrape up any browned bits from bottom of pan. Cook until wine is reduced to glaze, about 5 minutes. Add shallots, broth and thyme; cook until reduced by half, about 4 minutes. Stir in grapes and butter; swirl to melt butter. Season with additional salt and pepper, to taste, then pour sauce over chops and serve.



Hot Honey Roasted Broccoli with Grapes and Almonds

crushed red pepper flakes; microwave 10 seconds until mixture is warm enough to stir to blend; repeat if necessary. Set aside and keep warm.

In shallow, 9-by-13-inch baking dish or rimmed baking sheet, toss broccoli spears with oil then spread in single layer in center of pan. Roast 7-8 minutes until broccoli begins to brown on edges. Remove from oven.

Drizzle hot honey over broccoli and sprinkle with salt. Scatter grapes and almonds on top of broccoli and roast 4-5 minutes until broccoli is crisp-tender, almonds are toasted and grapes are warmed through.

Transfer broccoli and grape mixture to platter or individual plates and serve warm or at room temperature.

Prep time: 10 minutes
Cook time: 12 minutes
Servings: 6

- 1 tablespoon honey
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon crushed red pepper flakes
- 1 pound fresh, trimmed broccoli spears
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon fine sea salt
- 3/4 cup black Grapes from California
- 1/4 cup sliced natural almonds
- Heat oven to 450 F with rack in center. In cup, combine honey, vinegar and

Tex-Mex Beef Lasagna

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans

Total time: 60 minutes
Servings: 10

- 1 tablespoon olive oil
- 1 onion, diced
- 2 pounds ground beef
- 2 teaspoons kosher salt
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin
- 2 teaspoons chipotle powder
- 1/2 teaspoon onion powder
- 15 ounces canned corn, drained
- 15 ounces canned seasoned black beans, drained
- 10 ounces canned diced tomatoes with green chiles, drained
- 15 ounces canned red enchilada sauce
- 1 cup Mexican crema or sour cream
- nonstick cooking spray
- 12 corn tortillas
- 8 ounces shredded Mexican blend cheese
- cilantro (optional)
- green onions, thinly sliced (optional)
- Preheat oven to 375 F.
- In large pan or skillet, heat olive oil over

medium-high heat then add onion. Cook until softened, 4-5 minutes, stirring regularly.

Add ground beef and cook, stirring regularly, until beef has browned.

Add kosher salt, garlic powder, cumin, chipotle powder and onion powder; stir well. Add corn, black beans and diced tomatoes. Turn heat to medium and simmer 10 minutes. Remove from heat.

In bowl, combine enchilada sauce and crema; mix well.

Spray casserole dish with nonstick cooking spray. Pour about 1/4 cup enchilada sauce mixture on bottom to prevent tortillas from sticking.

Layer 2-4 tortillas across bottom then top with layer of ground beef mixture. Use ladle to spoon some enchilada sauce mixture on top, distributing evenly. Top with another layer of tortillas then repeat layers until casserole is full, 3-4 layers. Top with shredded cheese.

Loosely cover dish with foil in tent shape to help prevent cheese from sticking then bake 30 minutes.

Remove foil and bake 10-15 minutes until cheese is bubbly and golden brown.

Cool 5 minutes before serving. Top with cilantro and green onions, if desired.

Ask the Money Lady

Dear Money Lady, my financial planner keeps telling me not to change my investments, but I can't handle the fact that I've lost so much money. I always invest and save monthly, but I am worried because I plan to retire soon.

Patricia

Dear Patricia, I think I would side with your advisor right now since you haven't really experienced a loss unless you sell. I'm glad to hear you invest regularly in a dollar cost averaging savings plan. Let's discuss how this works.

In 2009, the stock market went down more than 50 per cent much the same as we experienced in 2020 with the recent COVID pandemic. We all felt there was no guarantee that this would be the bottom but then rejoiced in a high market come-back in 2021. Today, if you are still invested, like Patricia, you are experiencing a continued rollercoaster ride in the equity markets with cyclical trends poised to further damage retirement portfolios a little more before we see an upswing, possibly in Spring 2023.

Most investors are familiar with dollar cost averaging (DCA) which is an accumulation process to invest in a specific manner and a defined framework. With DCA you invest a set dollar amount on a continued periodic basis, for example, at the beginning of every month. Of course, market cycles effect the performance of this accumulation process, however after the last fifty years of studies on this investment style, economists now unanimously agree this method always impacts portfolios positively over long-time horizons. You see, by investing consistently, one can take advantage of market swings when share prices are lower and in turn, purchase fewer shares when the prices are higher. Over the long term, the cost of the shares purchased always works out to less than the average share price.

Here is an example of how dollar cost averaging works. You invest the same amount every week, month, or year regardless of the market conditions. In our example we want to invest \$5,000 every year into an index fund. At the end of the five years, we have invested \$25,000, however due to dollar cost averaging, we own more units, and the portfolio has grown over time to a value of \$28,950 (15.8% increase on investment).

Year 1: Purchased \$5,000 at stock price of \$10 for 500 units. Total value of portfolio \$5,000.

Year 2: Purchased \$5,000 at stock price of \$7 for 714 units. Portfolio value \$8,498.

Year 3: Purchased \$5,000 at stock price of \$8 for 625 units. Portfolio value \$14,712.

Year 4: Purchased \$5,000 at stock price of \$9 for 556 units. Portfolio value \$21,555.

Year 5: Purchased \$5,000 at stock price

of \$10 for 500 units. Portfolio value \$28,950.

Total invested: \$25,000 and the average cost of this stock over the last 5 years was \$8.64

So, now that we know DCA works when accumulating wealth over your working years to retirement – what about doing this in reverse. In a distribution portfolio at retirement, reverse dollar cost averaging or RDCA works when investments are sold to provide a monthly income. This standard practice guarantees a monthly revenue stream for clients especially when there are no additional employment pensions plans other than OAS and CPP/QPP. The problem is, RDCA has the exact opposite effect on your portfolio. The cyclical trends that helped build your portfolio, now can cause severe damage when income is taken out. In fact, if the down turns are deep enough, it can cut your retirement portfolio's life in half. Let's look at how this happens.

Using the same example as above but in reverse, the total value of your retirement portfolio is \$28,950 with current units = 2,895 and the stock price is \$10/unit.

Year 1: Withdraw \$5,000 at stock price of \$10 for 500 units, with 2,395 remaining units for \$23,950 Value.

Year 2: Withdraw \$5,000 at stock price of \$7 for 714 units with 1,681 remaining units, \$11,767 Value.

Year 3: Withdraw \$5,000 at stock price of \$8 for 625 units with 1,056 remaining units, \$8,448 Value.

Year 4: Withdraw \$5,000 at stock price of \$9 for 556 units with 500 remaining units, \$4,500 Value.

Year 5: Withdraw \$5,000 at stock price of \$10 for 500 units with 0 units \$0.00 Value.

Of course, this example is an extreme case to demonstrate the effects of RDCA. In real life, a retiree can expect to endure between three to five downward swings to the equity markets. If income is withdrawn from a fluctuating asset class such as equities, the average retiree can expect to lose between 20% to 48% of their portfolio due to RDCA in a typical retirement time horizon of 25 years. Now before you all run to your banks and convert your investment portfolios to GICs and bonds, remember, I would never leave you with this problem without a solution. There are definite and defined ways to combat this mathematical impact to your hard-earned retirement portfolios; however, you will have to wait until next week's column to get the answers. See you next week.

*Good Luck & Best Wishes,
ATML - Christine Ibbotson*

Written by Christine Ibbotson, National Radio Host and Author of 3 finance books plus the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Male U18 Hawks welcome new head coach

By Lorne Stelmach

A new coach takes the helm of the male U18 Pembina Valley Hawks this season.

Coming to the team with over 20 years of coaching experience, Dorian Miller was anxious to get going on a campaign he hopes will end better than last year.

The post-season hopes for the Hawks were dashed in the final week of the regular season last spring as Pembina Valley finished in ninth place at 15-23-2-0 for 32 points—just shy of the final playoff spot.

“I think the goal would be to be always climbing throughout the year ... if you peak at the right time, it doesn’t matter which teams on paper are the best,” Miller suggested last week in the wake of weekend tryouts. “And I think you look at it and you say, at the end of the year, are they walking away saying that was a great year of hockey? I think that’s kind of the main goal.”

Miller is joined on the staff by associate coach Brendan Edie and assistant coach Morgan Wall.

Miller’s playing career began in the U18 AAA league with Eastman followed by years of junior hockey in Selkirk, Victoria, and Penticton before ending with the University of Manitoba Bisons.

He went on to coach the Westwood high school hockey team in Winnipeg for 10 years, and they were ranked top five in the province every year.

His strengths lie in developing skills, hockey sense, and creativity, all while developing a culture that instills the importance of hard work, dedication, and being a great teammate.

“I’m pretty excited ... the juices start flowing again and you’re happy to be back in the rink,” said Miller. “We spent all summer talking to kids, trying to get as many kids out as possible.”

“We had a really great turnout [at tryouts]. There were a couple pleasant surprises and a whole bunch of great kids that we’re looking forward to working with this season.”

The potential roster is still somewhat uncertain, but it will have likely a greater degree of turnover with at least five players having aged out and a few others perhaps not returning.

“It’s still really up in the air ... we just had four defencemen trickle back from junior camps. We had two veteran defencemen who were eligible to return who signed with junior teams,” said Miller.

“As far as forwards, we’re still waiting for a couple key guys to figure out if they’re going to be sticking around in junior,” he said. “There’s still some



STANDARD PHOTO BY RICK HIEBERT

Josh Hiebert (far right) tries to knock the puck off the stick of Cohen Pilkington in one of the Pembina Valley Hawks’ intersquad games last week. The U18 team held tryouts a few days before in the lead-up to their 2022-2023 season.

competition with the returning guys anyway, but there should be lots of new faces.

“If the boys do well, there should be turnover next year as well as they should be moving on,” added Miller. “That’s how it goes.”

Miller said what he is looking for from the boys comes down to a couple key things.

“It’s the top level of hockey for their age groups ... so the pace is quick ... it’s a serious commitment playing

triple A at this age.

“How do you get that instilled with the kids? You try to build a little atmosphere and a culture where each kid is enjoying coming to the rink, and they’re buying into a team,” he concluded. “You need to really instill in the beginning that the team comes first; you’re cheering your teammates on ... good attitudes and building character for these kids, that’s the goal.”

Flyers 1-3 in pre-season, kick off regular season Friday

Winkler hosts home opener Saturday against Winnipeg Blues

By Ashleigh Viveiros

The Winkler Flyers wrapped up their pre-season exhibition games this past week with a 1-3 record.

The junior hockey team kicked things off by splitting a pair of games with the Steinbach Pistons Sept. 7 and 9th.

Winkler rookie Rhett Marchant drew first blood late in the opening frame, only to have the Pistons draw even the next minute.

Period two saw the Pistons pull ahead midway through, but Marchant scored his second of the night to right the ship for Winkler five min-

utes later.

No such luck in the final period, where Steinbach scored two more in the last handful of minutes to take victory 4-2.

Overall, the Pistons outshot the Flyers 36-14. Winkler netminder Aidan Comeau made 24 saves off the 26 shots he faced in his 40 minutes in net. Jacob Armstrong played 20 minutes and saved eight out of the 10 shots that came his way.

The Flyers got their revenge two nights later in front of a hometown crowd.

After a scoreless opening frame,

Winkler ended the second period up 4-0 thanks to goals from Sully Ross, Marchant, Trent Penner, and Kyle Crew.

Nicolas McKee and Dayton Kiesman added two more to that tally in the third, while the Pistons continued to be stonewalled by the Flyers’ defense. Winkler got the win 6-0.

Splitting goaltending duties for Winkler was Malachi Klassen, who saved all 18 shots that came his way through two periods, and Tucker St. John, who did the same for the eight shots he faced. Winkler outshot Steinbach 34-26 overall.

The Flyers went on to face the Selkirk Steelers in two very close games Sept. 10-11. Both needed overtime for a decision.

Game one in Selkirk saw the Flyers up 3-2 after 40 minutes, with goals coming in from Lucas Ens, Xyon Kiemeney, and Dalton Andrew.

With six minutes to go in the final period, the Steelers managed to tie things up and force the extra period. There, Steinbach got the game-winner nearly four minutes in.

Aidan Comeau went the distance in net for Winkler, making 26 saves as off 30 shots. The Flyers fired 34 shots the other way.

Continued on page 16

Addie Miles, Jenai Buchanan coaching female Hawks this season

By Lorne Stelmach

The new coach for the female U18 Pembina Valley Hawks is coming into the role with an attitude that the sky is the limit for the team.

Anything can be possible if they come to the rink with the right attitude, suggested Addie Miles.

"I believe in truly bringing a championship mindset to this team literally from day one," Miles said last week as the Hawks prepared to get their first pre-season action over the weekend. "We want to bring a winning mentality. We want the girls to win every single night regardless ... it's bringing that winning mentality to the program by setting that standard and expectation for these girls.

Taking the helm from Dana Bell, Miles comes to the team with a solid resume including being an HP1 certified coach and a certified Hockey Canada skills coach.

Her playing career saw her selected to be part of the University of Manitoba hockey hall of fame and also the university's female athlete of the year in 2012. She was also selected to participate in Team Canada development camps along with representing Canada at the FISU games in 2011.

Alongside her on the bench will be former Hawks player Jenai Bu-

chanan, who will return as assistant coach. Buchanan was a member of the Hawks program from 2012-2016 and captained the team in the 2015-2016 season before going on to play with the University of Manitoba Bison women's hockey team for the next five years. While with the Bisons, Buchanan helped the team earn a Can-West conference championship.

Miles had taken a year off from coaching but lives in the region and saw a couple Hawks games last season, so that got her interest.

"I just felt like it would be a good fit for me, and they reached out to see if I would be interested ... it just worked out," she said.

"I've just continued coaching and being a part of hockey, so it's continued to be a huge part of my life," Miles said. "I'm excited to kind of bring some new energy to the Pembina Valley. The girls are fantastic, so I'm excited for this year."

Miles was anxious to see the team in its first pre-season game against Yellowhead on Sunday. It ended up being a 5-2 loss for the Hawks. They'll get another crack at the Chiefs, this time in Morden, on Sept. 25.

"I think the biggest thing for us is just a new level of energy. The girls are excited," Miles said ahead of the

match. "We've got a great senior class that's really looking to push the pace of the program, not only this year but looking ahead to pursue post secondary then as well.

"There's new energy, new excitement in the program," she continued. "The girls have been phenomenal so far, and they have kind of been helping me through with all of the Pembina Valley Hawks traditions and things like that as well."

She saw potential for a lineup grounded with some returning players as well as promising newcomers.

"Every girl that could return did return ... but we've also got a good rookie class coming in as well."

The Hawks finished in fifth place in the regular season last year with a record of 14-14-0 for 28 points and were just five points behind their playoff opponent.

However, the quarter-final series with the Winnipeg Ice did not go the local team's way—Pembina Valley went down in a three-game sweep in the best of five.

Despite that disappointing ending, Miles noted, the Hawks were very competitive all last season.

"They were in every single game ... so what are those small details that are going to push us in the other direction



HAWKS PHOTO

Addie Miles is the new head coach of the Pembina Valley Hawks.

next year," she concluded. "Westman has always had a really strong team, so what are we going to do to tilt the ice in our favour this year."

The Hawks head to Alberta this weekend to compete in the Calgary Fire Firestarter Tournament.

Golfing Fore Parkinson's tournament Sept. 24

By Becca Myskiw

Golfers can hit the green and tee off "Fore Parkinson's" next week.

The third annual Fore Parkinson's golf tournament will occur on Sept. 24 at the Carman Golf and Curling Club. Bev Baker started the event three years ago to raise money for the world's leading neurological disease after her dad was diagnosed with Parkinson's.

According to Parkinson's Canada, the disease is a "complex brain disease" that more than 100,000 Canadians live with. In addition, 25 Canadians are diagnosed with the incurable

disease every day.

The most common symptoms of Parkinson's disease are tremors, slowness and stiffness, impaired balance, and rigidity of the muscles. People with it can also experience fatigue, soft speech, stooped posture, problems with writing, constipation, and sleep disturbances. Parkinson Canada says as the disease progresses, non-motor symptoms can also appear.

There are drug and medication therapies for the disease, and though it affects the quality of life for most, the prognosis can be a near average life expectancy. Jack Harder has had Parkinson's disease for over a decade now and maintains a good attitude about it and life. Baker said the diagnosis was shocking for the family and came with much learning. She said they had to learn what it is, how to manage it, the prognosis, and more, but the answer to each question is different for everyone.

"It's frustrating cause you're very reliant on the medication and the timing," she said. "There's no cure, so we want to help to find a cure."

That's why she started the Fore Parkinson's golf tournament. It began with six teams, then 10, and she's hoping for 15 this year. The event is on Saturday, Sept. 24. Tee times go from 12:30 p.m. to 2 p.m. After the round of golf, there's a dinner. Registration is still open for golfers — it's \$120 per person, which includes the round of golf, dinner, and their donation to the cause. There is also dinner-only tickets available for \$20. All money raised at the tournament goes to Parkinson's

Canada for research on the disease.

Last year's event raised \$3,000 for the cause, and Baker said she's hoping they can raise about \$5,000 this year. Along with funds, they're trying to raise awareness on Parkinson's disease, and she hopes this golf tournament does that.

To learn more about the golf tournament, go to <https://www.facebook.com/Foreparkinsonsgolf/> or call Baker at (204) 470-0517.

> HAWKS, FROM PG. 15

Playing in Winkler the next day, both teams scarcely gave an inch. Selkirk managed to score in the second period's second minute. They looked poised to take the win with that lone goal until Winkler's Cole Mackenzie tied it up with 13 seconds left on the clock in the third.

Once again, though, it was Selkirk who managed to score in overtime to win it 2-1.

Klassen was back in net for the Flyers, making 24 saves off 26 shots. His teammates fired back a whopping 54 shots on net in return.

The Flyers kick off the regular season playing in Winnipeg against the Freeze Friday night before hosting the Winnipeg Blues Saturday night at the Centennial Arena.

They then have a home-and-away against Niverville next week Wednesday and Friday.

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NOTICES

PLANNING FOR SUCCESS? Make the last months of 2022 the best months by building an advertising plan for your business. Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging out now and be seen all over the province! Hiring? Selling something? Have an on-line store? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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Forward resume by Wednesday, September 21st to:

Nakonechny & Power, Chartered Professional Accountants Ltd.

Attention: Lauren Nakonechny

Box 880, Carman, Manitoba R0G 0J0

Fax: (204)745-6322

Email: Lauren@nakandpow.com

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**THE RURAL MUNICIPALITY OF THOMPSON
PUBLIC NOTICE - BOARD OF REVISION**

Public Notice is hereby given that the 2023 assessment roll for the Rural Municipality of Thompson has been delivered to the Municipal Office at 530 Norton Avenue, Miami, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with sections 42 & 43 of The Municipal Assessment Act:

APPLICATION FOR REVISION:

42 (1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114 (1) of The Real Property Act, an occupier of premises who is required under the terms of lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assessed value;
- classification of property;
- a refusal by an assessor to amend the assessment roll under subsection 13 (2)

APPLICATION REQUIREMENTS:

43 (1) An application for revision must:

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42 (1) are at issue, and the grounds for each of those matters; and
- be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41 (2), or
 - serving it upon the secretary, at least 15 days before the scheduled sitting date of the Board.

The Board of Revision will sit on Thursday, October 13th, 2022 at 10:00 a.m. in the Council Chamber of the Rural Municipality of Thompson to hear applications.

Applications must be received by the Secretary of the Board on or before **Tuesday, September 27th, 2022.**

Secretary
Board of Revision
The Rural Municipality of Thompson
530 Norton Avenue
P.O. Box 190
Miami, MB R0G 1H0



**Carman Handi-van
Annual Meeting**

**Tuesday, September 20, 2022
at 8 p.m.**

Boyne Regional Library

The general public is asked to submit any questions or concerns to Kathie Findlay, Administrator kfindlay@mts.net All questions and concerns will be addressed at this meeting, and we will respond to them.

**NOTICE OF ANNUAL
GENERAL MEETING**

RIVERVIEW LEGION PLACE, INC.
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FARM LAND FOR SALE BY TENDER

Sealed tenders in writing for the sale of the property below-described in the **Municipality of Lorne** will be received as follows:

McCULLOCH MOONEY JOHNSTON SELBY LLP
309 Stephen St., Morden, Manitoba R6M 1V1
(Attention: Kelly Kennedy)

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CONDITIONS OF TENDER:

- Interested parties must rely on their own inspection and knowledge of the property.
- Tenders must be delivered to McCulloch Mooney Johnston Selby LLP before 2:00 p.m. on Friday, September 30, 2022, marked "Lussier Tender"
- Tenders must be accompanied by a \$10,000.00 cheque payable to McCulloch Mooney Johnston Selby LLP or MMJS as a deposit (deposit cheques accompanying unacceptable bids will be returned).
- Highest or any tender not necessarily accepted.
- Property is not subject to any First Right of Refusals.
- The rental lease agreement for this property terminates October 31, 2022.

TERMS AND CONDITIONS OF SALE:

- The bidder(s) whose tender is accepted will be required to complete an agreement covering the terms and conditions of the sale.
- In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing, being November 15, 2022, or, evidence that the purchase funds will be available under conditions acceptable to the Vendor must be provided. If the balance of the accepted tender is not paid within the set time limit, the deposit may be forfeited as liquidated damages and not as a penalty.
- The Possession date will be November 15, 2022.
- The successful bidder(s) will be responsible for real property taxes commencing January 1, 2023.
- The purchaser(s) shall be responsible for payment of GST or shall self-assess for GST.

For further information, contact Kelly Kennedy at:
Ph: 204-822-6588 Fax: 204-822-1009
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Prairie Rose School Division

ANNUAL PUBLIC NOTICE
ADDITIONS TO THE VOTERS LIST AND/OR
PERSONAL SECURITY PROTECTION REQUESTS

Notice is hereby given that a copy of the VOTERS LIST may be revised at: **45 Main St. S., Carman, MB** between the hours of 8:00 a.m. and 4:00 p.m. Monday - Friday

At this time the Senior Election Official (S.E.O) will be available to update the voters list by:

- adding the names of voters who are entitled to have their names on the list;
- deleting the names of persons who are not entitled to have their names on the list;
- making such other corrections of errors to the list as required.

VOTER ELIGIBILITY

A person is eligible to have his or her name added to the Voters List if they are:

- A Canadian citizen at least 18 years of age on election day; and
- A resident of the Division for at least 6 months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the S.E.O. (at the address/fax below) no later than **September 20, 2022**, to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail, or fax, and must include your name, address, and include proof of identity.

All changes to the voters list must be completed on or before September 20, 2022.

Dated at Carman in the Province of Manitoba, on August 30, 2022

Prairie Rose School Division
Rhonda Smith
Senior Election Official (S.E.O.)
Box 1510, 45 Main Street South
Carman, MB R0G 0J0
Phone: 204-745-2003 or Fax: 204-745-3699

The Next General Election takes place on October 26, 2022.

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who passed away September 11, 2007
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God saw she was getting tired,
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So He put His arms around her,
And whispered, "Come to Me".
With tear filled eyes we watched
Her suffer and fade away;
Although we loved her dearly,
We could not make her stay.
A golden heart stopped beating,
Hard working hands put to rest;
God broke our hearts to prove to us
He only takes the best.

-Jim, Brent and Bonnie, Carly and Ryan,
Sherryl and Rodney Last

OBITUARY

George W. S. Huston

On August 22, 2022, George W. S. Huston passed away peacefully at Grace Hospital, in Winnipeg.

George was born June 10, 1952 in Carman, Manitoba. He grew up in the Stirling School District, where he attended Grades 1 to 8, and completed his high school education at Carman Collegiate.

George was predeceased by his mother Jean (nee Harrison) in September 1953, his father Henry Huston, and his grandparents, Marshall and Nellie Harrison.

He is survived by his son Chris, his Uncle Edward Harrison, his step-mother, brothers, and sisters, and numerous cousins.

In keeping with George's wishes, there will be no formal service.

Your memory will live forever Engraved within our hearts

Crossword Answer

take a break > GAME

CLUES ACROSS

- 1. Crops sown in winter in India
- 5. Nursemaids in East Asia
- 10. Investigates

CLUES DOWN

- 12. Treated like a child
- 14. About religious belief
- 16. Widely used exclamation
- 18. Car mechanics group
- 19. Not good

CLUES ACROSS

- 20. Indigenous people of Alberta
- 22. Everyone has one
- 23. Fencing sword
- 25. Soaks
- 26. The human foot

NOTICE OF NOMINATIONS



RURAL MUNICIPALITY OF THOMPSON AND L.U.D. OF MIAMI

NOTICE IS HEREBY GIVEN that on the following days: **September 14, 15, 16, 19 and 20, 2022**, between the hours of 8:30 a.m. and 4:30 p.m. at the R.M. of Thompson Municipal Office located at 530 Norton Avenue, Miami, Manitoba

I will receive nominations for the offices of:

- Head of Council
- 2 Councillors for Ward 1
- 1 Councillor for Ward 2
- 2 Councillors for Ward 3

of the aforesaid Local Authority and two (2) L.U.D. of Miami Committee Members.

The nomination deadline is September 20, 2022, at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by fax. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Dallas Marie Braun, Senior Election Officer
R.M. of Thompson
Phone: 204-435-2114
Fax: 204-435-2067
E-mail: cao@rmofthompson.com

Dated at the LUD of Miami on August 31, 2022

- 27. Of she
 - 28. Erythrocyte (abbr.)
 - 30. Soldiers
 - 31. Energy, style and enthusiasm
 - 33. Playwright O'Neill
 - 35. Stone parsley
 - 37. Small stones
 - 38. Gas descriptor
 - 40. Monetary unit of Samoa
 - 41. Jeans manufacturer
 - 42. NHL great Bobby
 - 44. Cool!
 - 45. Bravo! Bravo! Bravo!
 - 48. Winged
 - 50. Partner to "ooed"
 - 52. Defensive nuclear weapon
 - 53. Coated
 - 55. Furry household friend
 - 56. Chinese principle underlying the universe
 - 57. Prefix meaning "within"
 - 58. Makes easier
 - 63. Transferred property
 - 65. Branched
 - 66. Hillsides
 - 67. Abba __, Israeli diplomat
- CLUES DOWN**
- 1. Eggs in a female fish
 - 2. Military mailbox
 - 3. Unit to compare power levels
 - 4. Line on a map connecting similar points
 - 5. One who accepts
 - 6. Partner to cheese
 - 7. Ancient Greek sophist

- 8. About hilus
- 9. Southeast
- 10. Where actors ply their trade
- 11. Beloved Philly sandwich
- 13. Intend
- 15. Talk excessively
- 17. Bronx cheers
- 18. Drain
- 21. Renews
- 23. Monetary unit in Asia
- 24. Relative biological effectiveness (abbr.)
- 27. Carthaginian statesman
- 29. Aged
- 32. Mauna __, Hawaiian volcano
- 34. Firearm
- 35. Consolation
- 36. An island in the north Atlantic
- 39. Pitching statistic
- 40. Disconsolate
- 43. A part of a river where the current is very fast
- 44. Call it a career
- 46. Behave in a way that degrades someone
- 47. Health insurance
- 49. Recommend
- 51. Baltic peninsula
- 54. Father
- 59. After B
- 60. Bar bill
- 61. Doctors' group
- 62. 2,000 lbs.
- 64. Equal to one quintillion bytes

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